

## STUDENT HEALTH SERVICES

3040 rue Sherbrooke ouest  
Westmount, Québec, H3Z 1A4  
T: (514) 931-8731 ext. 1124  
F: (514) 931-2219

## HOW TO REGISTER WITH A FAMILY DOCTOR

To receive non-urgent health care or services in Quebec, you should most of the time see your family doctor first. As you probably already know, to find a family doctor who is accepting new patients, you will have to put your name on a waiting list. The waiting time can be quite long, so it's important to make sure you are put on the waiting list as soon as possible. It's not very difficult and takes about 10 minutes if you follow a few simple steps.

Different options are offered, and you can find them all explained at <https://www.quebec.ca/en/health/finding-a-resource/consult-a-professional/registering-with-a-family-doctor/>

### Register to find a family doctor

To find a family doctor who is accepting new patients, you can put your name on the waiting list:

- **online**, by using the Québec Family Doctor Finder (GAMF);

[Register to the waiting list](#)


- **online**, by using [Québec Health Booklet](#).
- **by telephone**, by contacting your [territory waiting list \(GACO\)](#).

**If you need to see a doctor immediately, consult the [Finding a Resource Offering Medical Consultation On The Same or Next Day](#) page.**

It is strongly recommended to do it online, by using the Quebec Family Doctor Finder (*GAMF: Guichet d'accès à un médecin de famille*), so simply click on the "Register to the waiting list" button. It will take you to the following page:

Register to find a family doctor in your region.

**To use Québec Family Doctor Finder, you must:**

- Not have a family doctor;
- Have a valid Health Insurance Card;
- Be domiciled in Québec;
- Live at the address currently indicated in your file at the Régie. To report a change of address, use the online [Service québécois de changement d'adresse](#) ;
- Not live in the Nunavik or Terres-Cries-de-la-Baie-James regions because the doctors in these regions may not register patients. If you live there, please call your regional health centre (Nunavik: 819 964-2905; Terres-Cries-de-la-Baie-James: 819-855-2744);
- Be age 14 or over. A person meeting this requirement may register someone under age 14 or someone who is unable to register him/herself or who prefers not to.

**Wait time**

The wait time varies depending on family doctor availability and the number of persons in your region without a family doctor. As soon as you are assigned one, he or she will contact you.

**Modifying the contact information**

The contact information of registered persons or, if applicable, their representative may be modified by re-registering. The wait time will not be affected as a result.

[Start](#)

Image : <https://www.quebec.ca/en/health/finding-a-resource/consult-a-professional/registering-with-a-family-doctor/>

Press "Start".

You will reach the following questionnaire. Make sure you have your Health Insurance Card at hand. Enter the requested information.

Enter the information for the person to be registered, whether it is you or the person you are representing.


**1 Health Insurance Number** ⓘ

**2 Sequential number of the Health Insurance Card** ⓘ

**3 Expiry date of the Health Insurance Card** ⓘ

Year:  Month:

Postal code



For security purposes, enter the characters above.




Image : <https://www.quebec.ca/en/health/finding-a-resource/consult-a-professional/registering-with-a-family-doctor/>

Press “Continue” when you’re done.

At this point, you might see a couple of warning messages appear.

#### Issue 1:

It is possible you will see the following message appear, if the Postal Code you entered doesn't match the Postal Code the RAMQ has in its file for you.

The postal code entered does not correspond to the one on file at the Régie. Please change your address

This may happen if the registered Postal Code in your RAMQ file is the one corresponding to your parents/family house for example, and you used a new Postal Code on the form. You have two (2) options at this point.

- (1) You simply enter your parents/family home Postal Code: this means the family doctor who will be assigned to you will likely have his practice place near your parents/family home. This might be a good option if your parents/family home is nearby and transportation to your family doctor clinic is not an issue.
- (2) You report your change of address. This might be a good option if you left your parents/family home for good, if they live far away, or if you plan to live away from home for several years, for example for the duration of your studies. You can report the change of address online at the [Service québécois de changement d'adresse](https://www.adresse.gouv.qc.ca/inscrire/FormulaireChangementAdresse.aspx?Etape=0&Lng=en) at <https://www.adresse.gouv.qc.ca/inscrire/FormulaireChangementAdresse.aspx?Etape=0&Lng=en>. Once your change of address has been completed, you may attempt to register for a family doctor again.

#### Issue 2:

It is also possible you will see the following message appear, if you already have a family doctor.

You are already registered with Dr. X. Something . If you have any questions, click on the "Contact us" button.

This could be good news...

If your family doctor clinic is not too far and transportation is not an issue, you don't have anything else to do: you're already covered (meaning you have a family doctor)! Lucky you!

If distance and/or transportation is an issue, you might want to consider requesting a change of family doctor. You will need to contact your nearby [territory waiting list \(GACO\)](#) and request the change. In the meantime, you should retain your current family doctor, as a far one is probably better than none at all!

After you dealt with the previous issues, you will be asked to complete the following section:

Enter **your** information, whether you are the person to be registered or the representative. This information will be used solely by the doctor or his or her administrative staff.

**E-mail** ⓘ

**Confirmation e-mail**

**Telephone\*** ⓘ

Type	Number	Extension	Details	
Home ▼	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input data-bbox="1219 627 1284 680" type="button" value="+"/>

**Health problems\***

None

Isolated problem  
Infection (cold, sinusitis, urinary tract infection, gastroenteritis, STBBI, etc.), acute injury (fracture, sprain/strain, wound), acute pain (headache, stomach pain, menstrual pain, etc.)

Pregnancy, chronic or periodically recurring problem  
High blood pressure, cardiac problems, diabetes, obesity, chronic lung disease, depression, anxiety, chronic pain, HIV, active cancer, etc.

I wish to have an appointment to see a nurse for a clinical assessment to determine the order of priority of my condition. I understand that I will not receive any healthcare when I see the nurse.

**If you need to consult a doctor quickly**, click on this link: [Finding a Resource Offering Medical Consultation Without Appointment](#) ↗.

If the person to be registered is unable to complete the registration process, please enter the guarantor's Health Insurance Number.

**Guarantor's Health Insurance Number**

To ensure that my priority for being allocated a family doctor will be determined on the basis of the number of my emergency visits, among other things, I agree to have the information held by the Minister of Health and Social Services concerning the number of my emergency visits disclosed to the Régie de l'assurance maladie du Québec.

Image : <https://www.quebec.ca/en/health/finding-a-resource/consult-a-professional/registering-with-a-family-doctor/>

Press "Send".

## Et voilà! You're now on the waiting list to be registered with a family doctor!

The following message will be displayed, stating the estimated wait time until a doctor is assigned to you. Be patient, it can be a while, but at least you have officially initiated the process!

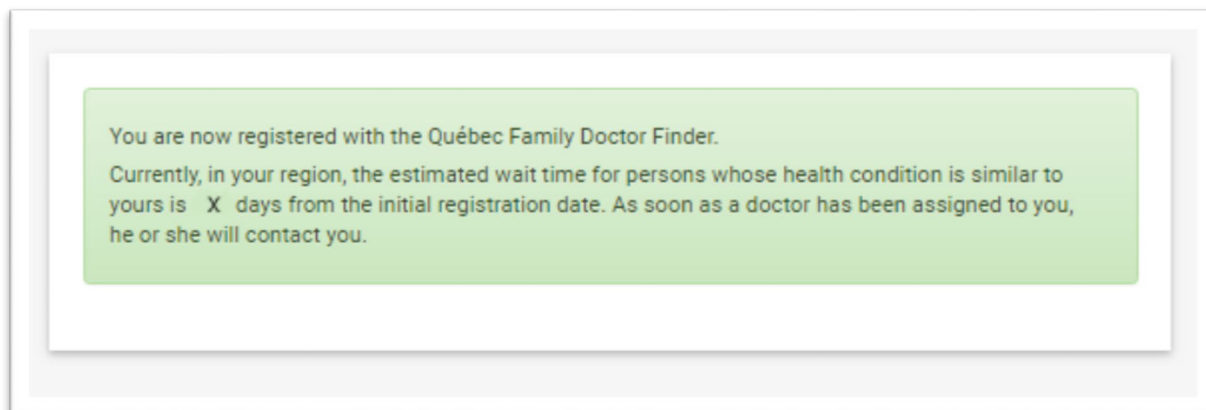


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